

The Fort Huachuca Scout.



Vol. 51, No. 43 Published in the interest of Fort Huachuca personnel and their families. View online at www.huachuca.army.mil/usag/pao. October 27, 2005

Halloween hits post,
Pages 16, 17

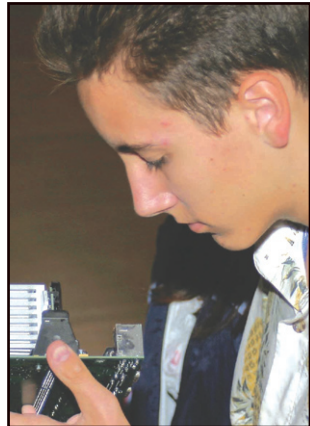


Photo by Thom Williams

Inside

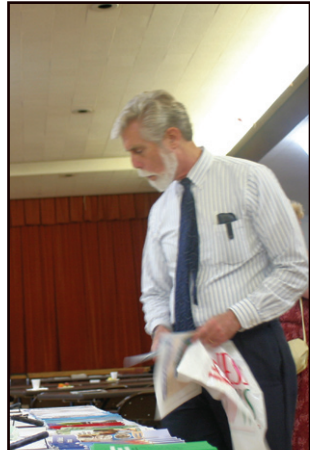
Career Day
CAS students
get a taste of
Army life.

See Page A4



Seminar
Disability
Awareness
seminar
at Murr
Community
Center.

See Page A6



Volunteers
Soldiers
help paint an
elementary
school
playground.

See Page A10



Recreation
Students
go through
hands-on film
production
class.

See Page B1



General William S. Wallace
U.S. Army Training and Doctrine Command
Commanding General
13 October 2005

1. I want to share with you the essence of my remarks and thoughts today as I assume command of TRADOC.
2. TRADOC is a proud and vibrant organization admired for its imaginative, innovative solutions to tough problems. I stand on the broad shoulders of my predecessors and those who have served and who are serving in TRADOC. I am grateful for the strong foundation you have all established—a foundation that will continue to adapt and shape the Army. There is no question—now and in the future—in our classrooms and on our ranges, in the minds of young leaders and in the determination taught of our Soldiers—Victory starts here!
3. Serving stateside, it is easy to imagine that we are safe, that we are at peace, but nothing could be further from the truth. We are, in fact, in a brutal, protracted conflict, a long war, that has already outlasted the duration of World War II. The world is changing around us and we are asking some hard questions: “What should we preserve? What should we change?” Continuity and change have long been the strength of this command.
4. There is no question that we should preserve our focus on Soldiers, the centerpiece of our formations. We hear much about the asymmetries of our adversaries, and it is true that they present asymmetric threats that are sometimes daunting. But, those threats pale in comparison to our own asymmetric advantage, our Soldiers and leaders. I have seen our asymmetric advantage at work in war and it is awesome. At once both ferocious and compassionate, the American Soldier is our premiere military accomplishment. This command makes that happen and we will preserve it. We will continue to find patriots ready to answer the “Call to Duty” from the most free and forgiving society on earth. We will transform them into Warriors who dominate in the most dangerous and unforgiving conditions imaginable. We will continue to grow leaders who are innovative and adaptive—leaders who deserve the Soldiers they are blessed to lead. We will continue to surround the centerpiece of our formations, our Soldiers and leaders, with the best doctrine, organizations, training, and materiel that we can find. Yet, we will listen to our deployed formations when they tell us what they need from us, for it is those formations that we serve.
5. Although it is clear we have much to preserve, we also have much to change. I cannot tell you what must change. We will figure that out together. We have many questions before us:
 - a. Have we completely adapted our processes to support Army Force Generation?
 - b. Do we completely understand how the Army learns in this dynamic and frequently

The Fort Huachuca Scout

This newspaper is an authorized publication for members of the U.S. Army. Contents of *The Fort Huachuca Scout* are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, Department of Army or the U.S. Army Intelligence Center and Fort Huachuca. It is published weekly, except Christmas and New Years, using desktop publishing by the Public Affairs Office, U.S. Army Intelligence Center and Fort Huachuca, Fort Huachuca, AZ 85613-7027. Printed circulation: 8,200. All editorial content of *The Fort Huachuca Scout* is prepared, edited, provided and approved by the PAO. *The Fort Huachuca Scout* is printed by Aerotech News and Review,

999 E. Fry, Suite 307, Service to Arizona, Sierra Vista, AZ 85635, a private firm in no way connected with DA, under exclusive written contract with the U.S. Army Intelligence Center and Fort Huachuca. The civilian printer is responsible for all advertising.

Editorial material for publication should be submitted to USAIC&FH Public Affairs Office, 3015 Carnahan St., Bldg. 21115, The Fort Huachuca Scout (AZTS-PA), Fort Huachuca, AZ, 85613-7027. The PAO reserves the right to edit all material submitted for publication.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The

appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Army or Aerotech News and Review, of the products or services advertised.

Copies of *The Fort Huachuca Scout* are available to members of the commander's internal audience for monthly postage and handling fees upon approval of the PAO.

POSTMASTER: Send address changes to Aerotech News and Review, 8607 N. 59th Ave., Suite C-3, Glendale, AZ 85302. To submit stories or inquiries, call (520) 533-1987, DSN 821-1987 or fax (520) 533-1280. For advertising, call (520) 452-1500.

Command Staff

Commanding General.....Maj. Gen. Barbara G. Fast
 Garrison Commander.....Col. Jonathan Hunter
 Public Affairs Officer.....Maj. Matthew Garner

Command Information Chief.....Kenneth A. Robinson

Editorial Staff

Staff Writer.....Esau Lolis
 Staff Writer.....Thom Williams

Volunteers

Contributing Writer.....Dr. George Colfer
 Contributing Writer.....Michael Collins
 Contributing Writer.....Capt. Jennifer Rodriguez
 Contributing Writer.....Brandy Ruiz

Printer's Staff

Co-owners.....Paul & Lisa Kinison
 Regional Manager.....Diane Hass
 Staff Writer.....Amanda Keith
 Staff Writer.....Rob Martinez
 Advertising Sales.....Frank Escobar

uncertain operational environment?


c. How can we seize the opportunities given us by Base Realignment and Closure and Army Force Generation to truly integrate across TRADOC and with other components of the Army?

d. How can TRADOC better represent the Soldier and lead the Army in development of a flexible requirements process that recognizes opportunity and takes the initiative to accelerate solutions for our Soldiers?

e. What role does TRADOC have to play—not just as Architect of the Future—but as Architect of the Army, helping to shape the institutional base for an Operating Force and Generating Force that will be increasingly seamless?

6. We have many questions before us, but one thing is not a question. You should not be wondering “how can I contribute to this long war?” No matter who you are, no matter where you are, no matter what you do, you have a role. One’s contribution to this fight is not measured by proximity to the enemy. It is measured by being fully engaged and fully dedicated, without bias of process, position or organization.

7. Tonight in places like Kandahar, Mosel, Kabul and Baghdad there is a young American Soldier walking point for his squad, his battalion, for his Army and his Nation. This is a position of great danger and responsibility. His very presence represents opportunity to people who would otherwise have none. It is to him and his future that we dedicate this command, for it is him that we serve. It is my great honor to serve him here and with you. God bless him and his family. God bless each of you for your contributions. God bless America!


WILLIAM S. WALLACE
General, USA
Commanding

Chalk Talk

Myer Elementary

Mrs. Bergman’s students have been working hard to complete their schoolwork for the first quarter. We are doing all of our written work in cursive now. Our focus has been centered on the fourth grade Arizona Articulated Standards in Reading, Writing, and Math. Congratulations to Carlos Acosta for receiving our Character Counts award, and to Jasmine Greene for receiving our Academic Award for the month of September. Kudos, class, for a job well done the first nine weeks of school! Thank you, parents, for all you do to help us be successful in school!

Mrs. Szymeczek’s 4th grade class prepared for their field trip to the Water Wise Festival. Students have learned about the water cycle by drawing a diagram and conducted an experiment that changes salt water into fresh water. They have also graphed different types of soil found around our area. Students have finished a research project on BG Albert J. Myer and made a presentation board with their findings. They then presented it to Mrs. Johnson, the principal. Congratulations to Alijah Diaz whose research paper represented the class. Right now, students have been working on multiplication and division in math. Many students have mastered all of their

facts. Great job! Congratulations to Nicholas Baxter for the Academic Award and Megan Richard for the Trustworthiness Award, during the month of September. Keep up the good work!

The Magellan Running Club completed its tenth week, with five running days. Each student receives one point for each 440-yard, lap run. For fifth grade news, the top girl was Tracy Highsmith from Mrs. Mada-rang’s classroom, with 48 points. Davy’aun Thomas from Mrs. Mickle’s classroom scored as the top boy, with 45 points. The overall top fifth grade classroom that completed with the highest score of 527 points was Mrs. Mickle’s classroom. For fourth

grade news, Dea Good from Ms. Tompkin’s classroom, scored as the top girl with 44 points. The top fourth grade boys also completed with 52 points each. They include Miles Ritchey and Andrew Camps from Mr. Christensen’s classroom and Carlos Acosta from Mrs. Bergman’s classroom. The overall top fourth grade classroom that completed with the highest score of 533 points was from Mrs. Josa’s classroom. All the students in the running club totaled 732 miles for this week.

Myer will recognize the annual celebration of National Red Ribbon week with other communities and students across America. The National Red Rib-

bon week promotes activities to affirm our commitment to be drug free. Our school will participate in Red Ribbon activities throughout this week. On Monday, the school will hold a poster contest themed “Show Good Character by Being Drug Free”. First, second and three place winners will be recognized during this month’s assembly on Friday. Tuesday’s activity will encourage students to Shade out Drugs, by wearing sunglasses. On Wednesday, students will be Putting a Cap on Drugs, by wearing hats all day. Thursday will be recognized as

See MYER, Page A14

HHC USAIC holds Career Day



Photo by Esau Lolis

Staff Sgt. Yolanda Williams shows CAS student John Hegedus how to operate a camera while Jann Javn watches. Williams explained her career as a combat photographer to the students.

BY ESAU LOLIS

SCOUT STAFF

Soldiers from Headquarters and Headquarters Company, U.S. Army Intelligence Center held a Career Day at Murr Community Center Oct. 20 hosting high school students from the Center for Academic Success.

When students arrived, 1st Sgt. Timothy Soliz, HHC USAIC, gave them an introduction then divided them into five groups to rotate through eight stations where 30-minute career briefs were given.

The instructors wore business attire while their battle dress uniforms hung on the wall behind them in each section. According to Soliz, they wanted to emphasize their careers more than anything.

The students were able to interact in many ways from asking questions to disassembling computers. The room echoed with students saying "Wow," and "I never

did this before."

"I enjoyed the [career day]," said Jann Javn, a CAS 12th-grader. "Especially being able to ask questions and [the instructors] telling me what the Army has to offer." Javn plans to join the military when he graduates as a vehicle mechanic and isn't sure if he'll join the Air Force or Army.

Sgt. Jason Curtis, imagery analyst, told students about an exciting career in digital imaging and showed how being able to analyze satellite images helped meteorologists predict and react to Hurricane Katrina. Curtis told students how the technical training received in the Army could pay off as a civilian.

"Education is important," said Staff Sgt. Joshua Rodunardt, Unmanned Aerial Vehicle operator. He told students that it wasn't enough to just finish high school. "You need to have some type of skills,"

See **CAREER DAY**, Page A14

PLDC is now Warrior Leader Course

ARMY NEWS SERVICE

The Primary Leadership Development Course has been renamed the Warrior Leader Course.

Officials said the new name reflects changes made to the PLDC curriculum over the past year.

The course has been refocused to better prepare Soldiers for asymmetrical warfare and now includes lessons learned in Iraq and Afghanistan, said Brig. Gen.

James M. Milano, the Army's director of Training under G3.

"The new WLC will not only prepare Soldiers for traditional challenges, but irregular challenges as well," Milano said. WLC now emphasizes the skills and knowledge small-unit leaders need to excel in a contemporary operational environment, Milano said.

Academy helps revamp course

"These changes add rigor and relevance to the course and

improve leadership skills and confidence in our junior leaders," said Col. David Abramowitz, commandant of the U.S. Army Sergeants Major Academy, which played a major role in redesigning the PLDC curriculum.

Warrior Leader Course is the right name for the new course because it "espouses the tenets of the Warrior Ethos," Abramowitz said.

PLDC used an instructor-centered, exposure and feedback system. Instruction consisted of

lecture, classroom-based practical exercises, and a cognitive skills test. A short Field Training Exercise was the practical exercise used to evaluate combat leader skills.

The FTX, though, lacked standardization throughout the Army, said retired Sgt. Maj. Ron Schexnayder of the G3 Leader Development Division. He said a different approach was needed to produce a competent, innovative, adaptive and agile combat leader required by the current operational

environment.

Changes stem back to ATLDP

Schexnayder said the Army has been in the process of transforming the NCO Education System in an effort to design a system that would not dilute the warfighting focus of NCOES.

NCOES must remain focused on NCO core areas of leading, training, maintaining standards, caring for Soldiers, technical

See **PLDC**, Page A15

Hand-held phones banned while driving

SCOUT REPORTS

Fort Huachuca will join many countries and several states on Tuesday to prohibit the use of hand-held cell phones or blackberry devices while operating a motor vehicle.

The use of a hands-free cellular telephone is authorized if its use does not distract or impede the operator's ability to control the vehicle.

According to Maj. Rhett Weddell, provost marshal, "an increase in unsafe driving practices have been observed on post. A driver's primary responsibility is the safe control of their vehicle; any action that distracts the operator places themselves, their occupants and other motorists at risk. The installation will immediately begin an education and enforcement program."

According to the memorandum that spells out the new policy, "no person shall operate a cellular telephone to engage in a call of any type, hands free device or not, when approached or engaged by a law enforcement or security officer."

The bottom-line is drivers will have to end phone calls when they come on to post and approach gate guards or police.

The use of non-hands-free cell phone while operating a vehicle is authorized for the sole purpose of communicating an emergency situation to the Fire Department or Military Police.

The memorandum goes on to say that a motor vehicle operator who holds a cell phone in the proximity of their ear or eye is presumed to be engaged in a call.

Violators of the policy will be cited with a Mili-

tary Traffic Citation, points will be assessed and a copy will be forwarded to the chain of command for action.

The only authorized exceptions to the policy are law enforcement, fire and emergency response personnel in the performance of their duties.

According to the Cellular News Web site, most countries in Europe ban the use of cell phones while driving and impose hefty fines on drivers. Germany is the only country where you can talk on a phone in a car and that is only if the engine of the vehicle is turned off.

For more information in regard to the new policy, call 533-3000

(Editor's note: information for this article was taken from the Cellular News Web site at www.cellular-news.com/)

Avian flu precautions for post

BY LT. COL. ROMAN
BILYNSKY, M.D.
CONTRIBUTING WRITER

The avian flu is an infection caused by avian (bird) influenza (flu) viruses. Flu viruses occur naturally in the bird population like similar viruses in the human population. Bird flu viruses do NOT usually infect humans, but over the last 2 years a number of humans have died as a direct result of avian or bird flu infection.

Symptoms of bird flu in humans are very similar to typical human influenza infection. They range from typical flu-like symptoms (fever, cough, sore throat and muscle aches) to pneumonia and severe respiratory diseases that may lead to major illness and death.

Fort Huachuca is not located near significant bodies of water with the exception of Patagonia Lake State Park, a stopping place for migratory waterfowl. Ducks in particular are typical animal reservoirs of avian influenza and contact

with domestic poultry results in cross infection. Infected birds shed flu virus in their saliva, nasal secretions and feces.

Susceptible birds become infected when they have contact with contaminated excretions or surfaces that are contaminated with excretions. It is believed that most cases of bird flu infection in humans have resulted from contact with infected poultry or contaminated surfaces.

Avoid contact with excrement from poultry and waterfowl; keep the kids out of the areas that the birds frequent to avoid contamination and possible infection. In the case of this infectious illness, prevention is much better than treatment.

The risk from bird flu is generally low for most people because the viruses occur mainly among birds and do not usually infect humans. However, during an outbreak of bird flu among poultry (domesticated chicken, ducks, turkeys), there is a possible risk to people who have contact with infected birds or surfaces that have

been contaminated with their excretions. The current outbreak of avian influenza A (H5N1) among poultry in Asia and Europe is an example of a bird flu outbreak that has caused human infections and deaths. As of Oct. 20, there were 118 confirmed cases of avian influenza in humans and 61 of those people died.

At Fort Huachuca, the highest risk populations are the elderly and immune compromised (e.g. patients with diabetes, undergoing cancer chemotherapy, autoimmune disorders, or chronic breathing problems). As with typical human influenza, these people have increased risk for complications and death from this type of infection. The H5N1 virus currently infecting birds in Asia that has caused human illness and death is resistant to amantadine and rimantadine, two antiviral medications commonly used for influenza. Two other antiviral medications, oseltamavir (Tamiflu) and zanamavir would probably work to treat flu caused by the H5N1 virus.

Vaccine development efforts are now taking place. Oseltamavir (Tamiflu) is

being stockpiled by the World Health Organization to control outbreaks in poor nations. Remember, this is a treatment but NOT A SPECIFIC treatment or cure for avian flu. The purpose of giving large numbers of people this preventative treatment is to decrease the spread of the flu and prevent an epidemic.

In summary, the current threat to employees and patients at Fort Huachuca is minimal. If the avian flu virus mutates, increasing its ability to move from birds to humans and from humans to humans, additional specific guidance and directions will be provided to contain the spread of the disease. Remember, the MOST effective measures that you, your family, your employees and patients can take is to wash your hands with warm soap and water regularly after contact with poultry, wild birds or their droppings.

For more detailed information on the avian flu, you may visit the CDC website at www.cdc.gov/ or the WHO's site at www.who.int/csr/disease/avian_influenza/en/.

Advertisement

Post access improvements honored at seminar

BY ESAU LOLIS
SCOUT STAFF

The Special Emphasis Program hosted the Disability Employment Awareness Month Seminar Oct. 19 at Murr Community Center recognizing the efforts of individuals and the post in improving disability accessibility here.

"The reason we have these seminars is to make the work force more aware of disability issues and concerns and how we can make things better for everyone," said Joan Street, SEP manager, Equal Employment Opportunity Office.

In 1998, Congress enacted every October as National Disability Employment Month. This year's theme is, "Workers with disabilities: Ready for tomorrow's jobs today."

The Americans with Disabilities Act provided the basis for many Fort Huachuca facility modifications. For example, push-button access was installed on the front doors of the Staff Judge Advocate Office. A new restroom facility was constructed at the post cemetery with handicap ac-

cessibility as a top priority. The intricate system of Raymond W. Bliss Army Health Center parking lots and sidewalks has been reconfigured as necessary to improve accessibility to all their facilities.

"The biggest obstacle that we run into as far as making improvements is funding," she said.

A project was recently completed at the Buffalo Soldier Learning Center to install handicap parking and improve access to the front entrance by installing a ramp and automatic door opener. The exterior lighting was upgraded to improve the comfort level of all customers entering and exiting the building.

"[The lighting] doesn't just help people that are disabled, but people that are well-abled as well," Street said.

In the near future, the Learning Center will be totally ADA compliant. Planned projects include the installation of automatic door openers on the restrooms and a review of required standoff distances to either regain use of existing handicap parking or identify an alternative. A project has also been identified to bring Young Hall

(Cochise College) into compliance.

"When you make places accessible you are telling that person that -- really you are welcome here," Street said.

Directorate of Public Works engineers said they are aware of accessibility issues and address them right away.

"We are cognizant of accessibility issues and take care of those issues," said Troy Morris, chief Engineering Plans and Services Division. "We consider accessibility in all of our designs...It's the law and the right thing to do, and that's what we do."

According to Morris, whenever DPW receives an issue concerning disability accessibility, they immediately identify the problem and provide a solution.

The Main Post Chapel recently requested a project to bring the two main restrooms into ADA compliance. Future projects include renovation of several restrooms in Greely Hall to meet the most current ADA standards. The project is a joint effort between the Network Enterprise Technology Command, Information Systems Engineering Command and the

Fort Huachuca Garrison. The Directorate of Public Works has projects in place to re-stripe handicap parking as well as replace missing signage when identified throughout the Installation.

During the past fiscal year, Army Family Housing completed upgrades to playgrounds throughout the housing areas making the playgrounds more user-friendly to our family members with disabilities. In the Smith/Lawton area ramps and walkways were installed to provide entry to the playground and access to the play equipment allowing freedom of movement throughout the playground for wheelchairs. Handicap accessible play equipment was installed such as a fun glider with swaying motion for wheelchairs. Swing sets were upgraded with molded bucket seats and high backs which provide support to the head, neck and back. Play turf was added throughout the play area allowing for wheelchair movement. Sun shades and picnic tables were installed to provide comfort for all playground users. Similar

See EEO, Page A14

Advertisement

Advertisement



Photo by Thom Williams

Red Ribbon Week

Matt Rodriguez (left) and Alex Wilcox, seventh-grade students at Colonel Smith Middle School, decorate the door to Mrs. Epps' math class to kick-off Red Ribbon Week Monday. The theme for the day was "Shut the Door on Drugs." The goal of the observance is to teach students to make healthy life choices. Red Ribbon Week runs through Friday at Fort Huachuca Schools and activities include a writing contest, the Cochise County Red Ribbon Run and students are encouraged to wear the same color of clothes to school.

Advertisement

Advertisement

Thunderbirds volunteer to paint Carmichael playground

BY 1ST LT. ANDREA-BERNADETTE PRATT

11TH SIGNAL BRIGADE PAO

Some Thunderbirds volunteered their "family time" on Oct. 20 to brighten up a playground for the students at Carmichael Elementary School.

Soldiers from the 504th Signal Battalion volunteered to paint playground equipment for the school along with the Carmichael Kid's Club children and a few of the Key Club students from Buena High School. They were supervised by San Pedro Kiwanis Club member Steve Kurtz.

"Last year was my first year working with the students," Kurtz said. "It was definitely a learning experience, managing the bureaucracy of the school, the budget of our club, getting the kids excited about it, and also trying to get the adults involved."

Kurtz has been in Kiwanis since 1986, and has served as a lieutenant governor and youth coach, but this was his first year working with the youth group.

"We try to make it fun as well as work...the kids seem to enjoy it, and I think it gets them out and doing some great stuff in the community," Kurtz added.

"[That's my favorite part]...all of the neat stuff we get to do," said 16 yr. old Buena Key Club junior Aleesa Baakko, "I love it...I get to work with kids a lot, and on Halloween we even get to go trick-or-treating with [them]. I love being so involved with the kids."

"Being involved is so much more thrilling than just staying at home and watching TV...when I'm not volunteering here, I'm volunteering for [Reading Is Fundamental]...otherwise I just go

home and do my homework and then watch TV," added 15 yr. old Buena Key Club sophomore Holli Charm.

Baakko and Charm were painting the yellow portions of the playground equipment, and were both enjoying their first year in the Buena Key Club. The Buena Key Club frequently mentors and participates in community events with the Lady of the Mountain and Carmichael Kids Clubs.

When asked why she would give up her "family time" (the one day of the week when Soldiers get off work before 5 p.m.), Spc. Stephanie Masters, a microwave systems operator maintainer from the 556th Maintenance Company, explained that she thought it was more important to do something nice for the children, "[I think it's important to do because] it's for little kids...they need nice things to play on because they won't be little forever." Masters was responsible for painting the blue parts of the playground equipment, along with 9-year-old Carlos Mendoza, a third grade Key Club kid at Carmichael.

Mendoza enjoyed his time with Masters, telling her all about how he wanted to be a professional baseball player for the New York Yankees when he grows up. Both of them got a new friendship out of their time painting at Carmichael's playground.

"I think it's really cool that [the Soldiers] are out here too...it's very cool to see adults out here showing the kids that they actually care," Charm said.

"It just shows how many more people you can meet by being involved in the community," Baakko added.

The Kids Club has plans to participate in the Veteran's Day parade in November.



Photos by 1st Lt. Andrea-Bernadette Pratt

Above: Pfc. Kenneth Crim (left) and Sgt. 1st Class Steven Payton (right) from the 504th S3 shop paint the top of a swing set red.

Below left: (left to right) on the left side of the pull up bars, Spc. Bryan Tanner from the 518th TIN platoon and 15-year-old Buena sophomore Holli Charm; on the right side of the pull up bars, Payton, 16-year-old Buena junior Aleesa Baakko, and Crim all work together to paint the bars different colors.

Below right: Charm and Baakko stretch to reach the highest pull up bar while Payton touches up the areas closer to the ground.

Top: (from left to right) 14-year-old Buena freshman JoAnna Larranaga, 9-year-old Carmichael third grader Carlos Mendoza, Spc. Stephanie Masters and Pfc. Albert Crespo, both from the 556th Maintenance Company, paint a jungle gym blue while talking about baseball.



Two weeks and 60% to go for CFC goal

BY ESAU LOLIS
SCOUT STAFF

In four weeks, Fort Huachuca has raised over \$150,000 for the 2005 Combined Federal Campaign and is \$250,000 away from goal of \$400,000 with only two weeks left of fundraising.

The CFC Campaign began Sept. 23 with a luncheon at the Thunder Mountain Activity Centre and comes to an end on Nov. 4.

CFC charities still need help, and there is still time to contrib-

ute.

"We are at 40 percent of our goal... I expect a large amount of money to come in between this week and next," said Sgt. 1st Class James Brown, post CFC coordinator.

With only two weeks left, Brown said he is still optimistic that the goal of \$400,000 will be met.

Brown said CFC representatives play a very important role by "letting Soldiers know what CFC is about, what they can do and how they can help."

Brown said it is important all Soldiers and civilians are made aware of the CFC program and the best way for leaders to do that, is to set aside a place and time to address everyone and hand out information.

Brown said donations can be made through each organization's CFC representative, who will take cash donations or completed allotment forms.

For more information or to donate, contact your unit CFC representative.

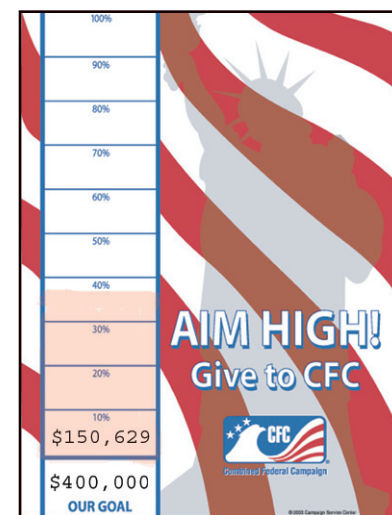


Photo by Thom Williams

Hurricane relief

General Myer Elementary School students and Principal Connie Johnson hold a check for \$2,046.50 that is being donated to Habitat for Humanity's Disaster Relief unit. The money will help rebuild homes damaged or destroyed during the recent hurricanes on the Gulf Coast. The money was raised during a week-long drive and is designated to go to the Hurricane Katrina building fund. Myer Elementary had originally set a goal of raising \$1,000.

Advertisement

Range Closures

Today – AC, AD, AK, AL, AM, AN, AR, AX, T1, T1A, T2
Friday – AC, AD, AK, AL, AM, AP, AR, AU, AX, T1, T1A, T2
Saturday – AG, AK, AL, AM, AP, AR, AU, T1, T1A, T2
Sunday – AG, AL, AP, AR, AU, T1, T1A, T2
Monday – AC, AD, AG, AL, AM, AR, AW
Tuesday – AC, AD, AG, AL, AM, AP, AR, AU, AW, T1, T1A, T2
Wednesday – AC, AD, AG, AL, AP, AR, AU, AW, T1, T1A, T2
For more information on range closures, contact Range Control at 533-7095. Closures are subject to change.

Retirement ceremony

US Army Network Enterprise Command/9th Army Signal Command will host a retirement ceremony from 4 to 5:30 p.m. Friday at Chaffee Parade Field.
Staff Sgt. Nancy M. Logan, Staff Sgt. Mark R. C. Baker, Maj. Phillip L. Cox, Maj. David A. Eaves, Sgt. 1st Class Daniel A. Shifrin, Sgt. 1st Class Scot A. Sherwood, Master Sgt. Terry A. Boston, Master Sgt. Randal D. Oliver, Sgt. 1st Class Cecilia O. Ramirez, Sgt. 1st Class Darrell Goss, Master Sgt. Rebecca A. Oliver, Master Sgt. Mary T. Owens and Sgt. 1st Class Hollie J. Benson, Jr. will be retiring.
In case of inclement weather, the ceremony will be moved to the Cochise

Theater.
For more information, call Suzette Krusemark at 533-3185.

Become a warrant officer

A Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Ft Knox, Ky., will brief on qualifications and application procedures to soldiers interested in becoming U.S. Army Warrant Officers at 1 p.m. Monday, 10 a.m., 1 p.m. and 7 p.m. Tuesday, 1 p.m. and 7 p.m. Wednesday, and 10 a.m. and 1 p.m. Nov. 3 at the Murr Community Center. The warrant officer corps is critically short the following feeders CMF 18, CMF 96,98, 97, MOS,92R. For more information, call Joyce Hall at 538-4823.

AFTB instructor training

Army Family Team Building will offer training for instructors in a series of four sessions, 5:30 - 9 p.m., Monday, Nov. 3, 8 and 9, at Murr Community Center.
This class is designed for individuals who have taken AFTB classes and want to be part of the AFTB team and help educate others about the Army.
The class is free, but please pre-register with Army Community Service at 533-2330, Cheryl Patterson at 533-3686, or e-mail huachuca_aftb@hotmail.com.

MICA Luncheon

The Quarterly MICA Luncheon will be held at 11:30 a.m. Monday at the Thunder

Mountain Activity Centre. The guest speaker will be Lt. Gen. John F. Kimmons, the Army’s senior intelligence officer. The cost of the luncheon is \$11 per person for the German buffet. RSVP by Oct. 26. For more information, call Rick Laszok at 234-6181 or Lou Frere at 378-0800 or e-mail mica.huachuca@us.army.mil

AFTB Level I marathon class

Army Family Team Building will offer a Level I AFTB marathon class 8 a.m. - 5 p.m., Nov. 5 at Murr Community Center, Building 51301. AFTB Level I, also known as “Army 101” provides an introduction to Army life.
The class is free but please pre-register with Army Community Service at 533-2330.
For more information, call Cheryl Patterson at 533-3686.

Free puppetry workshop

The Army Community Service “Kids on the Block” program offers a free puppetry workshop 1 - 3 p.m. and again, 5 - 7 p.m., Nov. 7.
The class teaches a Japanese form of Banraku Puppet Theater. Students can use the knowledge they gain to put on puppet shows for their children, or they can volunteer for the KOTB program. KOTB is an educational puppet troupe that puts on puppet shows for area children on a variety of social issues and safety topics.
For more information, call Mary Lampher at 533-2993 or ACS at 533-2330.

Reunion Workshop

Army Community Service offers reunion workshops for Soldiers and family members who have been geographically separated due to the military mission.
These workshops provide the opportunity to discuss some of the emotional aspects of reuniting with a family member.
The next workshop will be held at 6 p.m., Nov. 15 at the ACS Building 50010.
Please register by calling ACS at 533-2330.

Mandatory company commanders’ course

Are you a company commander or are you slated to take command of a company soon? If so, you are required to complete the Installation Company Commanders prior to assuming command.
In accordance with Fort Huachuca Regulation 380-1, dated April 28, 2000, all company commanders must complete the Installation Company Commanders Course within two months of taking command (all first sergeants are encouraged to attend).
The next Company Commanders course will be held from Dec. 6-8. Registration forms must be received by Nov. 21 to be enrolled for the course. Class size is limited. Contact your S3’s for registration and acknowledgement enrollment forms or Suzette Krusemark, DPTMS, 533-3185, suzette.krusemark@us.army.mil.

Chaplain’s Corner

Protestant Sunday Services

8 a.m.	Episcopal	Main Post
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Village
11 a.m.	Cross Roads	Cochise Theater
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Village

Roman Catholic Worship

Mon.-Fri.	11:30 a.m.	Main Post
Post	Saturday	4 p.m. Main
Post	Confession	
Saturday	5 p.m.	Main Post
Mass		
Sunday	9:30 a.m.	Main Post
Mass		
Sunday	11:30 a.m.	Kino Chapel
Chapel	Mass	

Jewish Worship

Friday	7 p.m.	Main Post
--------	--------	-----------

Catholic

<u>Main Post Chapel</u>		
CCD	Sunday	10:45 a.m.
Adult	Sunday	10:45 a.m.
Apologetics		
Adoration of the	Friday	3 - 6 p.m.
Sacrament Blessed		
Korean OCIA	Friday	7 p.m.
MCCW	1st Friday	7 p.m.

Protestant

<u>Main Post Chapel</u>		
PWOC	Tuesday	9 a.m.
Sunday School	Sunday	9:30 a.m.
<u>Kino Chapel</u>		

Women’s Ministry	1st, 3rd Friday	6 p.m.
Bible Study Fellowship		
Adult/Youth	Sunday	8 a.m.
Sunday School		
Youth Church	1st, 2nd, 3rd, 5th Sunday	
Men’s Choir	Tuesday	7 p.m.
Rehearsal		
Women’s Choir	2nd Tuesday	7 p.m.
Rehearsal		
Adult Bible Study	Thursday	6 - 7 p.m.
Youth Bible Study	Thursday	6 - 7 p.m.
Sanctuary Choir	Thursday	7 p.m.
Rehearsal		
Youth Ushers	Saturday	10 a.m.
Youth Choir	3rd Saturday	10:30 a.m.
Youth Emphasis	4th Saturday	
Saturdays		
Drama Team	Saturday	8:30 a.m.
Youth Min. Staff	Saturday	10 a.m.
& Parents Meeting		
Youth Choir	Saturday	10:30 a.m.
Rehearsal		

<u>Murr Community Center</u>		
Teens and	Sunday	9:20 a.m.
Pre-teens Study		
Parish Council	1st Sunday after service	
Meetings		
Women’s Ministry	2nd Sunday	
Meetings		
Youth Ministry	3rd Sunday	
Meetings		
Adult Usher	4th Sunday after service	
Meetings		
Men’s Ministry	Saturday	8 a.m.
Bible Study		
Women’s Choir	5th Saturday	11 a.m.
Rehearsal		

Muslim Prayer

Friday	11:30 a.m.	Main Post
--------	------------	-----------

Buddhist Weekly Teaching

Tuesday	6:30 p.m.	Prosser Village
---------	-----------	-----------------

Orthodox Divine Liturgy

Sunday	10 a.m.	Main Post
--------	---------	-----------

Advertisement

MYER, from Page A3

Give Hugs, Not Drugs. Students are encouraged to bring one stuffed animal to school on this day. On Friday, both

students and staff will wear red or gold in unity to “Show Good Character By Being Drug Free”. Red ribbons will

be distributed for all students and staff to wear throughout the week.

CAREER DAY, from Page A4

he said. Rodunardt showed slides of different UAVs and their capabilities.

The 86th Signal Battalion provided cooks. The cooks showcased awards and plaques of accomplishments during cook-offs and other unit activities.

“The message I want to convey to the students is never give up,” said Sgt. Michael Nevarro, an 86th Sig. Bn. cook instructor. He told students, “it is good to be a cook because you get to

feed troops and civilian staff and you are satisfied when you see the looks on their faces.”

Instructors educated students on some of the civilian jobs that relate to their military occupation specialty.

“The idea that there are a lot of jobs in the civilian world that the employers want [applicants] to have the experience” Soliz said. “When you go directly to college, you are not neces-

sarily gaining the experience employers want.”

Soliz said the Army is a quick way to progress in a career field by gaining real-world experience.

“The Army cuts to the chase,” Soliz said. “For instance, take a 33W [intelligence systems integrator] with five years of experience who has at least three and a half to four years of operational experience. He is learning

all the things he would learn in college but he’s able to put it to use during his day-to-day operations. He’s more likely to get hired after five years of experience out of high school than someone who graduated from college with less experience.”

Last year, the career day was hosted by the city of Sierra Vista. CAS staff said they are looking forward to next year’s Career Day.

EEO, from Page A6

upgrades were completed in the Arizona, Mizner/Wright, and Mott Circle playground areas.

In addition to the playgrounds, several houses on post were renovated to make them handicap-accessible. Renovations included concrete slabs with handrails next to the driveway for loading and unloading from vehicles and handicap ramps to entryways.

In addition to recognizing the improvements made at the installation level, there are also those individuals who are integral to identifying and addressing disability accessibility.

Street presented the 2005 Disability Accomplishment

Award to John Hall, Contracting Officer’s Industrial Security representative.

“John has not only improved his work place and places he’s been,” Street said. “He has contributed to the Disabilities Issues List, which is a high priority for Fort Huachuca.”

Nominations for the award are received from organizations of Soldiers and civilians who have improved handicap accessibility around Fort Huachuca.

Improvements to the work environment can be as small as changes to an individual’s workspace. A presentation from George Norris, chief, industrial hygiene, RWBAHC,

focused on work place ergonomics and preventing injuries that occur at the work station thereby saving the government monies.

“Make sure that you don’t fit your workstation, but make your work station fit you,” Norris said while describing ergonomics.

Norris said it is important to identify risk factors associated with work-place injuries and reduce them. He said making simple adjustments to your computer monitor, key board, mouse and chair can make a difference in

See EEO, Page A15

Advertisement

PLDC, from Page A4

competencies and tactical warrior skills, while integrating greater conceptual and interpersonal skills, Schexnayder said.

Modular force needs versatile NCOs

The Army's new modular force structure and the contemporary operational environment rely heavily on small-unit tactics. The demands of today's battlefield require leaders who can think independently, Schexnayder said.

The Warrior Leader Course is designed to provide the Army with NCOs who can visualize, describe, and execute squad-level operations in varied operational

environments, Schexnayder said.

WLC is battle-focused

The WLC is now tailored to the environment in which the Army operates today, Schexnayder said. Every student now receives detailed squad-level combat leader training. This learner-centered and outcome-based approach reinforces all small unit tactics, techniques and procedures.

Schexnayder said the course constantly adapts to world threats by incorporating the experience from the battlefield. Combat skills are trained and reinforced upon arrival, and "weapon immersion" is

emphasized throughout the new course.

New STX is now 96 hours

The combat focus of the course culminates in a 96 hour situational training exercise or STX. Nine battle drills and 39 warrior tasks are the framework driving the planning, preparation, rehearsal and execution of all squad operations. The STX is competency-based, battle-focused, grounded in a combat scenario, driven by troop-leading procedures, officials said.

The long-term goal is to train all specialists with promotion potential at the WLC. Schexnayder said the course will teach specialists how to be NCOs, and

focus on leading, training, caring, maintaining and warrior skills.

The WLC will prepare Soldiers for promotion to sergeant and for assignments in teams, crews, and squads. Conceptually, graduating Soldiers could be appointed to corporal upon graduation, he said – effectively symbolizing their transition from "follower" to "leader."

This is strictly a long-term goal, explained Schexnayder, adding that there is currently no timeline to implement such requirements for promotion to sergeant.

(Editor's note: Information provided by G3 Leader Development Division.)

EEO, from Page A14

preventing injury.

According to Norris, Soldiers and civilians who need special work equipment to prevent or relieve pain due to injury no longer are required to have a letter from a physi-

cian to justify a purchase. He said purchases can now be justified in accordance with Department of Army Pamphlet 40-21, Medical Services Ergonomics Program.

If you are unsure if your workstation is ergonomic, call

the Industrial Hygiene office at 533-9181/9183 to schedule an evaluation at your work place.

For more information on disability related issues, call the Equal Employment Opportunity Office at 538-0726.

Advertisement

Halloween comes to Fort Huachuca

Trick or Treat Times Set

On-post Trick or Treating hours for Halloween are Monday from 6 to 8 p.m. for children up to 12 years of age. Children nine and under must be accompanied by an adult. Standard access requirements for the installation remain in effect. This includes the requirement that all person(s) over the age of 17 entering the installation provide valid picture identification and all motor vehicle operators have in their possession a valid driver's license, vehicle registration and insurance to gain access to the installation. Access personnel must be able to identify person(s) entering the installation therefore do not wear a costume with a mask or make-up when entering the installation.

There will also be an increase in Military Police presence in the housing areas, both on foot and in military police vehicles. If assistance is needed, please make contact with them or call the military police desk at 533-3000 or in the event of an emergency 911.

As a reminder, juveniles 17 years old and under cannot be out in public on Fort Huachuca, either on foot or in a motor vehicle, without a parent, guardian, or custodian between the established curfew hours listed below unless they are in possession of a curfew permit Fort Huachuca Form 190-16-R-E. Copies of the form can be obtained at the Military Police Station (Building 22336) or the Youth Activities Center (Building 49013). The form must clearly state the

reason why the juvenile requires an exception to the installation's curfew policy, be signed by a parent, guardian, or custodian, and be in the juvenile's possession.

Curfew hours

Sunday- Thursday: 10 p.m. – 5 a.m.

Friday - Saturday: 12 a.m.. – 5 a.m.

The Fort Huachuca Military Police will detain and cite juveniles violating the curfew. Should a violation of the curfew policy occur parents will be required to sign for their family member(s) at the Military Police Station. Should a second offense occur, the juvenile offender will be required to appear before the Youth Council (hosted by the Judge Advocate General's office) with his or her parent(s), guardian(s), or custodian(s).

The Directorate of Emergency Services also reminds community members that if they choose to dress up, using discretion is advised and no fake knives, guns or swords, are recommended. In order to ensure this tradition is a real treat for all, both adults and children are reminded to wear reflectorized clothing, carry a flashlight and continually be aware of their surroundings, particularly when crossing roadways. As always, safety is paramount. Have a happy and safe Halloween!



The little witches Charlyann, Silva (left) and her sister Carilys attend an early Halloween celebration at the Fort Huachuca Commissary.



Above: Tia Rodrigues (left) and Summer Thompson look through treats offered at the Fort Huachuca Commissary entrance during a recent Halloween party.

Right: Andy Oliver mans the treat table and greets customers at the Fort Huachuca Commissary Halloween party.

**Photos by
Thom Williams**



Halloween safety tips

SCOUT REPORTS

It is that time of year again when ghouls and goblins wildest sugar-filled dreams come true. Halloween has eerily crept upon the land, but the haunted season of trick-or-treating comes with safety and responsibility.

Parents are responsible to ensure their trick-or-treaters have as much fun as possible while being as safe as they can be.

There are many ways to keep children safe at Halloween and prevent accidents and injuries. The excitement of children and adults at this time of year sometimes makes them forget to be careful. Simple common sense can do a lot to stop any tragedies from happening.

To help make this Halloween season enjoyable, the following safety tips are provided to make sure every ghou and goblin have great trick-or-treat time.

Parents

- * Should help your child pick out or make a costume that is safe.

- * Know the route your kids will be taking if you aren't going with them.

- * Make sure that the costume fits properly so that the child can see and breathe without restrictions.

- * Explain to children the difference between tricks and vandalism. Throwing eggs at a house may seem like fun but they need

to know the other side of the coin as well, clean up and damages can ruin Halloween. If they are caught vandalizing, make them clean up the mess they've made.

- * Make sure that your children costumes are not too tight fitting to allow warmer clothes to be worn underneath.

- * Small children shouldn't be allowed to use a sharp knife to cut the top or the face of a Jack-o'-lantern. There are many kits available that come with tiny saws that work better than knives and are safer, although they can cut you as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.

- * Make sure that your child's costume is the proper size. The costumes should not be so long that they are a tripping hazard. (Falls are the leading cause of unintentional injuries on Halloween.)

- * Costumes should be made with light-colored materials. Strips of reflective tape should be used to make children even more visible.

- * Teaching your kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing streets and crossing when the lights tell you to, will help make them safer when they are out trick-or-treating.

- * Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth

and flexible enough to not cause injury if fallen on.

When you and your child are out having fun trick or treating, make sure that your child adheres to these rules:

Children ...

- * Do not enter homes or apartments without adult supervision.

- * Walk from house to house. Do not run. Do not cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards.

- * Walk on sidewalks, not in the street.

- * Walk on the left side of the road, facing traffic, if there are no sidewalks.

When it comes to the treats that your child receives make sure that all treats are brought home first for inspection before consumption.

It is also a good idea for parents to give their children an early meal to deter the temptation of eating the treats while still out enjoying the Halloween spirit.

Wash all fruit or perishable items and slice them into small pieces. If anything is found suspicious looking about the treats received, report it to the police.

Lastly, if there is any doubt whatsoever, throw it out.

Halloween is all about fun, excitement and fantasy. Don't let it be ruined by not executing doing preventive measures to ensure that you and your child gets

the most positive enjoyment out of this holiday.

Remember you can never be too safe, so always take those extra measures to ensure that you and your child are prepared.

Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!



Commissary Bagger Christine Starkey performs her duties during the store Halloween party.

Ghost goes missing at Fort Huachuca

BY ROB MARTINEZ

SCOUT STAFF

George the ghost inhabited Hale Hall in Fort Devens, Mass. Hale was a creaky three-story building with high ceilings, and was notorious for its strange echoing noises that would emanate throughout, said Lenny Nezuch, chief instructor of the System Maintenance department of the 33W school on Fort Huachuca.

"I never encountered George," Nezuch said. "But I tell you, it was a spooky place at night when you're all by yourself. Noises echoed all over at night.

"There's stories of MP's (Military Police) taking shots at what they thought was there."

Nezuch thought it could be just the building expanding and contracting and old pipes. "People's imaginations play tricks," he said.

George's influence on the imagination persisted. Roger Maheu, a retired master sergeant, used to teach in Hale Hall.

"It used to house German POWs. Devens was a POW camp," Maheu said. "That old

building used to creak and groan. I used to hate to close that building at night."

Maheu mentioned that there were many rumors about how George came to be. "What's true and what's not, I don't know, but I used to work in that building. I never saw a thing. I just attributed it to an old building... It better have been that," he said.

The stories get stranger. Greg Brayson, chief instructor of the Basic Electronics Maintenance Department, said he also was told that George was a World War II prisoner, but that he was kept in the attic in Hale Hall.

Brayson was quite aware of George's shenanigans. He said that doors opened on their own. Lights turned on in locked rooms. Radios turned on by themselves. Toilets flushed with no one there. "Several times we came in and the window would be open, with cold wind blowing in.

"There were bullet holes from the MP's shooting the doors. That happened a couple of times over the years," Brayson said. "It was a strange place to be at night. To be honest, if you heard stories of George, you'd wonder if you were

alone, hearing the sounds."

Even with all of George's trickery, he found a place in the hearts of some of the instructors. George was a menacing specter, but he was their menacing specter. They brought him with them to Fort Huachuca during the Base Realignment and Closure Commission move in the 1990s, which brought the Military Intelligence School to post.

George is somewhere on Fort Huachuca, in a one-foot long square box. "We left it open in Hale Hall over night, sealed it in the morning, and shipped it in the BRAC move. The box was not opened, and had a note not to open because George was in there.

"It had a sticker that said 'Air from Ayer,'" Brayson said.

George, in his box, spent some time in O'Neil Hall, in a display case near the entrance. It was moved when the display space was transferred to the Warrant Officer School.

A recent search for George did not reveal his new haunt. "So far, no one knows where the box went," Brayson said.

Advertisement

Advertisement

Ultimate sacrifice paid in support of OIF

Staff Sgt. Dennis P. Merck, 38, of Evans, Ga., died in Baghdad, Iraq, on Oct. 20, of a non-combat related injury. Merck was assigned to the Army National Guard's 878th Engineer Battalion, Augusta, Ga. The incident is under investigation.

Three Marines who were supporting Operation Iraqi Freedom died Oct. 20 from an improvised explosive device while conducting combat operations against enemy forces near Nasser Wa Salaam, Iraq. They were assigned to 2nd Battalion, 2nd Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Killed were:

Staff Sergeant Richard T. Pummill, 27, of Cincinnati, Ohio.

Lance Cpl. Andrew D. Rusoli, 21, of Greensboro, N.C.

Lance Cpl. Steven W. Szwedek, 20, of Warfordsburg, Pa.

Lance Cpl. Norman W. Anderson III, 21, of Parkton, Md.,

died Oct. 19 from a suicide vehicle-borne improvised explosive device while conducting combat operations against enemy forces in Karabilah, Iraq. He was assigned to 3rd Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Spc. Daniel D. Bartels, 22, of Huron, S.D., died in Mosul, Iraq, on Oct. 19, of a non-combat related cause identified there on Oct. 18. Bartels was assigned to the 4th Squadron, 14th Cavalry Regiment, 172nd Stryker Brigade Combat Team, Fort Wainwright, Alaska. The incident is under investigation.

Staff Sgt. Tommy I. Folks Jr., 31, of Amarillo, Texas, died in Baghdad on Oct. 19, of injuries sustained on Oct. 18, in Iskandariyah, Iraq, when multiple improvised explosive devices detonated near his HMMWV during convoy

operations. Folks was assigned to the Army National Guard's 2nd Battalion, 142nd Infantry Regiment, 56th Brigade Combat Team, 36th Infantry Division, Amarillo, Texas.

Spc. Kendall K. Frederick, 21, of Randallstown, Md., died near Tikrit, Iraq, on Oct. 19, when an improvised explosive device detonated near his vehicle during convoy operations. Frederick was assigned to the Army Reserve's 983rd Engineer Battalion, Monclova, Ohio.

Three Soldiers who were supporting Operation Iraqi Freedom died in Balad, Iraq, on Oct. 19, when their HMMWV was struck by enemy indirect fire during patrol operations. The Soldiers were assigned to the 5th Squadron, 7th Cavalry Regiment, 1st Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga.

Killed were:

Sgt. Arthur A. Mora Jr., 23, of

Pico Rivera, Calif.

Spc. Russell H. Nahvi, 24, of Arlington, Texas.

Spc. Jose E. Rosario, 20, of St. Croix, Virgin Islands.

Spc. Lucas A. Frantz, 22, of Tonganoxie, Kan., died in Mosul on Oct. 18, when he was hit by enemy fire while performing a combat mission. Frantz was assigned to the 1st Battalion, 17th Infantry Regiment, 172nd Stryker Brigade Combat Team, Fort Wainwright, Alaska.

Lance Cpl. Daniel Scott R. Bubb, 19, of Grottoes, Va., died Oct. 17 from small-arms fire while conducting combat operations against enemy forces in Al Rutbah, Iraq. He was assigned to the 1st Light Armored Reconnaissance Battalion, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif. During Operation Iraqi Freedom, his unit was attached to 2nd Marine Division, II MEF.

Advertisement

Lance Cpl. Chad R. Hildebrandt, 22, of Springer, N.M., died Oct. 17 from small-arms fire while conducting combat operations against enemy forces in Al Rutbah. He was assigned to 1st Light Armored Reconnaissance Battalion, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif. During Operation Iraqi Freedom, his unit was attached to 2nd Marine Division, II MEF.

Chief Warrant Officer Paul J. Pillen, 28, of Keystone, S.D., died in Salwa, Kuwait, on Oct. 17, of a non-combat related cause. Pillen was assigned to the Army National Guard's 249th Aviation, Rapid City, S.D. The incident is under investigation.

Lance Cpl. Christopher M. Poston, 20, of Glendale, Ariz., died Oct. 17 from a non-hostile vehicle accident in Hit, Iraq. He was assigned to Battalion Landing Team 2nd Battalion, 1st Marine Regiment, 13th Marine Expeditionary Unit, I Marine Expeditionary Force, Camp Pendleton, Calif.

Pfc. Joseph Cruz, 22, of Whit-

tier, Calif., died in Bagram, Afghanistan, on Oct. 16, of non-combat related injuries sustained in an accident at Organ-E, Afghanistan, on Oct. 15. Cruz was assigned to the 1st Battalion, 508th Infantry Regiment, Vicenza, Italy.

Sgt. Mark P. Adams, 24, of Morrisville, N.C., died Oct. 15 from an improvised explosive device while conducting combat operations against enemy forces in Saqlawiyah, Iraq. He was assigned to Marine Forces Reserve's II Marine Expeditionary Force Augmentation Command Element, Camp Lejeune, N.C. During Operation Iraqi Freedom, Adams was attached to 2nd Marine Division, II MEF.

Petty Officer 3rd Class Fabricio Moreno, 26, of Brooklyn, N.Y., was killed Oct. 14 in a single-vehicle accident in Manda Bay, Kenya. Moreno was assigned to Naval Mobile Construction Battalion 3, Port Hueneme, Calif. He was deployed as part of a Combined Joint Task Force – Horn of Africa construction team.



Advertisement

Registration for youth basketball starts Monday

Registration for the Fort Huachuca coed Youth Basketball program will begin Monday and continue through Dec. 22.

The program, which will begin in mid-January, 2006, is open to youth ages 5 - 15, whose parents are active duty or retired military, Department of the Army civilians, nonappropriated fund employees or contractor employees.

Cost of the program is \$40 for the first child and \$32 for each additional child in the same family. A current physical and date of birth verification are needed at time of registration.

Scholarships are available for registration fees.

Call Youth Services at 533-5372 for more information about scholarships.

In order to participate in the program, youth must be members of Child and Youth Services. For CYS registration, call the Central Enrollment Registration Office at 533-0738. The CER Office is located in Murr Community Center.

If your child is already a CYS member, you can register him/her for the basketball program at the Youth Center, Building 22214.

For more information, call Steve Wambach at 533-8168 or 533-3205.



Halloween carnivals for youth

Fort Huachuca Youth Services will host two Halloween Carnivals. The first, for children ages 5th grade and under, will be held 7 - 9 p.m., tomorrow. The second carnival for ages 6th, 7th and 8th grade, will be held 7 - 9 p.m., Saturday.

Both carnivals will be held at the Youth Center and are open to everyone. There will be games, prizes, costume contests and fun for all.

Admission fee is \$3 per youth for either event and includes 6 carnival tickets. For more information, call 533-5372.

Sign up for aerobics, pilates, kickboxing

The Sports and Fitness branch of MWR will offer several new classes starting next week at Barnes Field House.

The "Me Time" morning aerobics class will be held 8:30 - 9:15 a.m., Tuesdays and Thursdays. This cardio workout will include step aerobics, cardio kickboxing, body toning and abdominal workouts.

From 8:30 to 9:30 a.m., Mondays and Wednesdays, "Pilates with Nicole" will be offered. Pilates is the ultimate mat workout that strengthens and lengthens muscles, tones your body, improves posture and flexibility and creates a more streamlined shape. The class will be taught by Nicole Hoepner, a certified fitness instructor.

Midday Beginning Step Aerobics will be held 11:45 a.m. - 12:30 p.m., Tuesdays and Thursdays. This lunch-time class features a combination of hi-low step aerobic workouts.

Cardio Kickboxing class will be held 11:45 a.m. - 12:30 p.m., Mondays and Wednesdays. This high-impact, cardio workout can help you gain flexibility, burn calories and have fun at the same time.

Class fees are \$20 per class, per month or \$3 per individual class, for authorized MWR patrons. For active duty military, the classes (except for Pilates by Nicole) will be offered at \$1 each.

You can sign up at the front desk at Barnes Field House. For more information, call Carrie Bradke at 533-0041.

Free admission to Knott's Berry Farm

Knott's Berry Farm, Buena Park, Calif., will offer the following Veteran's Day promotion Nov. 1 - 24. Active duty military and veterans, and their spouse or guest, will be admitted free with valid ID.

Call the MWR Information, Tickets and Reservations Office for details about this offer.

ITR also has the 2006 "Tucson Passport to Savings" books on sale for \$15, and the 2006 Entertainment Book (covering Tucson and Southeastern Arizona) for the discounted price of \$35. These books contain coupons for restaurants, hotels and travel, and money-saving offers from area attractions such as Kartchner Caverns, Old Tucson Studios, Pima Air and Space Museum and many more.

Tickets for upcoming events at the Tucson Convention Center are also available at ITR, including: Nov. 27, Warren Miller's "Higher Ground," and Dec. 2 - 4, "A Southwest Nutcracker." TCC tickets are available to purchase 10 a.m. - 4 p.m. only.

For more information, call 533-2404 or drop by the ITR Office, Building 70914, Irwin Street. ITR is open 9 a.m. - 5 p.m., Monday - Friday and 10 a.m. - 2 p.m., Saturday.

Several facilities open Veterans Day

November 11, Veterans Day, the following MWR facilities will be open for your convenience:

Mountain View Golf Course, 7 a.m. - 5:30 p.m.; Jeannie's Diner, 11 a.m. - 11 p.m.; Desert Lanes, noon - 11 p.m.; Buffalo Corral, 9 a.m. - 4 p.m.; the ITR Office, 9 a.m. - 2 p.m.; MWR Rents, 9 a.m. - 2 p.m.; Barnes Field House, 8 a.m. - 5 p.m.; the Sportsman's Center, 9 a.m. - 6 p.m.; and Eifler Fitness Center, 9 a.m. - 5 p.m.

TMAC will present 'Cinderella Rock'

Thunder Mountain Activity Centre, along with Limelight Productions, will present the musical comedy "Cinderella Rock," at 2 p.m. and 7 p.m., Nov. 12 at TMAC.

Written and directed by Sierra Vistan Kathryn

Chaffin-Honda, "Cinderella Rock" is a timely, family-oriented production, featuring music from the 50s and 60s. Music is provided by "Clayton and Sallee and Company," and musical director is Clayton Lee.

Tickets are available at TMAC and the ITR Office on Fort Huachuca and at Sierra Vista Safeway. Cost is \$8 for adults or \$5 for children 11 and under.

For more information, call TMAC at 533-3802.

Motown every Friday at Time Out

Time Out presents Motown Oldies, 7 - 11 p.m., every Friday. Philadelphia DJ Kurt will play all your favorites. Cover charge is \$4.

Time Out is on Arizona Street, across from Barnes Field House. For more information, call 533-3837.

Display, sell your works of art

The MWR Arts Center offers local artisans the opportunity to display and sell their craft items in the "Geronimo Gallery" at the Arts Center. Spaces are available to rent on a monthly basis, and cost depends on the size of the space.

A wide variety of items can be displayed, including drawings, paintings, photos, pottery, ceramics, jewelry items, wood items and more.

For more information, call 533-2015, or stop by the MWR Arts Center, Building 52008, Arizona Street.

November specials at Jeannie's

During November, the sandwich-of-the-month at Jeannie's Diner is the "Manna Chicken Sandwich," made with grilled onion, mushrooms, white cheese and Teriyaki sauce.

The diner also offers a different lunch special daily. A 16 ounce, non-alcoholic beverage is included with these specials.

Call 533-5759 to place your order for takeout.

MWR sets Military Appreciation Day

MWR facilities will observe a military appreciation day, Nov. 12. Services such as golf and bowling will be offered free to active duty and retired military.

Check next week's Scout for details.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com

The Scout Time Out



Movies

Just Like Heaven plays at 7 p.m. today at Cochise Theater. For the complete listing of this week's movies, see Page B6.

Local organization offers teens digital film workshop

BY ROB MARTINEZ
SCOUT STAFF

"Kids are creative," said Seminar Creator Stan Ferrell, "but may not know this. They could be musical, visual and audio geniuses."

According to Ferrell, the Thunder Mountain Young Adult Filmmakers Seminar & Film Festival offers an opportunity for prospective geniuses to learn the skills to unleash their creativity. It is a digital film production workshop geared to "empower our youth with the tools of imagination, self discovery and accomplishment," he said.

The workshop is a series of mentorship classes on the basics of digital filmmaking, including story telling, practical exercises, illuminating demonstrations and hands-on student projects.

Each student production

team will write, produce, direct, edit and present a final short film project to a private Family and Invited Guests Gala Film Premier, within a real cinema, full screen, he said.

Then, all students graduating from Phase I will receive continued production guidance throughout the winter months directly with their assigned mentor. Select students will be offered an opportunity to participate in a film production "Apprenticeship" program.

In Phase III, all students will return to session with their unedited material, filmed during the winter break and have access to editing computers located at Cool Desert gaming to complete their own individual projects. Mentors will be available throughout, he said.

All equipment is supplied

for the students; there is no cost for students and parents.

"You don't know what creativity is until you try it," Ferrell said. "A company comes along with the tools... it's a chance very few kids are given. They have access to all the tools they need to be a filmmaker."

Fourteen-year-old Marcus Guerrero, who lives in Fort Huachuca, said the seminar was better than what he had expected. "It seems good, very thought out," he said. Guerrero hopes to be in the movie business in the future.

His mother, Alicia Guerrero, said that she never thought she'd live somewhere where they'd have an opportunity to do something like this. "I didn't know about our little town, that so many people who have something to do with the movies live here."



Photo by Rob Martinez

Student's get a demonstration in sound operation.

Co. A, 304th MI wins Commander's Cup Football Title

BY ESAU LOLIS
SCOUT STAFF

Company A, 40th Signal Battalion Gators defeated Company A, 304th Military Intelligence Battalion Vipers 27 to 14 Oct. 18, winning the Flag Football Commander's Cup Title.

The Vipers got off to a great start by scoring the first touchdown with an interception from the Gators.

But the feeling of victory was short lived when the Gators quickly answered back with a touchdown and an unrelenting defense that only allowed one more touchdown.

Ron Roberts, Company A, 40th Signal Bn. coach, said his team

stayed focused during the game and felt confident they were going to win.

"It feels great," Roberts said. "We have been here for three years and always come in second or third place. It's about time we won a first place trophy for our company."

"We played a power defense because we wanted to keep them out of the end zone," Roberts said. "We had a few lapses on defense where one of their guys got open. They had big plays, but we overcame them."

The Gators, finished this year's flag-football season almost flawlessly, losing only one game to the Noncommissioned Officers Academy.

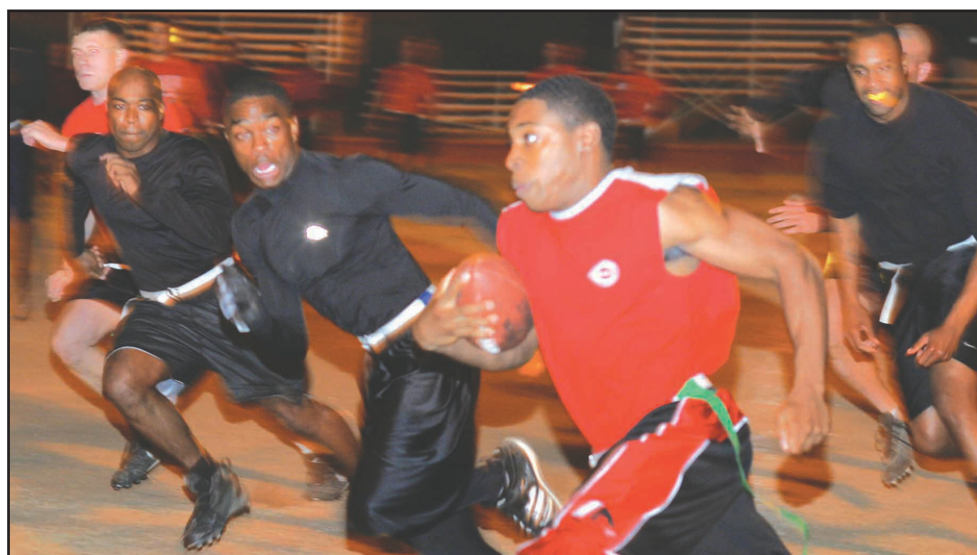


Photo by Esau Lolis

Nicholas Wilson, 304th MI, Sweeps around Company A, 40th Signal Battalion's defensive line. Company A, 40th Signal Battalion won the game 27 to 14.

Fit For Life

Cardiovascular fitness; good for whole body

BY DR. GEORGE COLFER, PH.D.
CONTRIBUTING WRITER

Cardiovascular fitness, also known as cardiorespiratory fitness, pertains to the effectiveness of the heart, lungs and circulatory system to provide the cells of the body with the necessary substances to perform work or activity for an extended period of time.

Of the five health-related components (cardiovascular fitness, strength, muscular endurance, flexibility and body composition), CVF ranks as the top for a healthy lifestyle.

The term aerobic activity, which means "with oxygen," is the key factor for CVF. One must be able to perform continuous activity at a heart rate which allows you to sustain the activity for its duration without going into "oxygen debt," which is termed anaerobic activity.

Contrasting examples would be running a 5 or 10 kilometer run (aerobic) versus a 100-meter dash (anaerobic), an all-out effort or short

duration.

To benefit your heart, lungs and circulatory system, the exercise must involve large muscle groups so that the heart has to pump large quantities of blood. This makes more oxygen available to the muscles during exercise and increases their ability to use oxygen.

Activities such as brisk walking, running, bicycling, swimming, hiking, cross-country skiing, rowing, cardiovascular machines and endurance-type games are the modes of activity to produce CVF.

The basis for cardiovascular training is the frequency, intensity and duration of the activity. The American College of Sports Medicine and Centers for Disease Control and Prevention have established guidelines and recommendations for the quality and quantity of the exercise to develop and maintain CVF.

A summary is as follows:

A: Physical activity of moderate intensity for at least 30 minutes per

day for five days or more per week.

Moderate intensity is considered activity that causes "small or moderate changes in breathing and heart rate."

Activities such as brisk walking, some types of housework and gardening, and bicycling for transportation may fall into this category. A guide for moderate intensity would be up to 60 percent of one's maximum predicted heart rate.

B: Physical activity of vigorous intensity for at least 20 minutes per day for three day or more a week.

Vigorous intensity is considered activity that causes "vigorous or large changes in the breathing and heart rate."

Activities such as running, swimming, road or mountain biking, hiking (with climbing) and games like full-court basketball or soccer may fall into this category. A guide for vigorous intensity would be an MPHR of above 60 percent to 80 percent.

To develop CVF, one must be able to sustain the activity for the

selected duration. This is referred to as your "Threshold of Training," which involves your Training Heart Rate or the percentage of MPHR at which you need to train. To obtain your MPHR, the simplest way is to take the number 220 minus your age. Then multiply that figure by the desired percentage. The result is your Training Heart Rate. Since it is quite difficult to maintain a single heart rate throughout activity, another way is to establish a Target Zone. This is a range of the minimum to the maximum for your training session. It is much easier to stay within a range and still provide the necessary work.

As you continue to improve your CVF, your Training Heart Rate will lower and drop out of your range, even though you are exercising the same. This is a sign that your heart and vascular system have adapted to the exercise and it is now time to increase the intensity, frequency or

See CVF, Page B7

Sierra Vista 50th Anniversary



Countdown: Sierra Vista turns 50 in 30 weeks

EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, "More than a city—a way of life," May 26-28, 2006. In support of the city's celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the "Fort Huachuca Scout," showing what fort life was like 50 years ago. Each week, we'll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 54 years since 1951. Morgue copies of the "Scout" are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of Brown

Parade Field. Call 533-2622 for additional information.

Enjoy reliving Fort Huachuca's past 50 years, and reminisce as we travel back in time. - Joan Vasey

Reprinted from "The Huachuca Scout", October 27, 1955

Be Happy You Don't Pay the Bills For All the Food Consumed Here

"...and 72 thousand pounds of potatoes please."

No, it's not a young housewife attempting to buy a year's supply of potatoes. She couldn't use that many spuds in a lifetime.

The order for 36 tons of potatoes is one placed every month by Army Electronics Proving Ground Commissary Officer First Lieutenant (Wac) Beverly J. Lott, to feed the soldiers stationed here.

A variety of meat totaling 89,000 pounds, 28,400 loaves of bread and 60,000 quarts of fresh milk are also among the vast amounts of food ordered each month.

Feeding Fort Huachuca troops is a tremendous task. It is only through the cooperation of everyone concerned that the job is so effectively accomplished.

Master Menu

Master menus prepared six months in advance by the Office of the Quartermaster in Washington, D.C., are forwarded to every Army installation in the country, at least 90 days before the menu goes

into effect. Based on an estimated number of troops here, Lt. Lott places an order with the Sixth Army ration depot in Ogden, Utah, according to the menu. Upon receipt, the food is stored here by Quartermaster until needed.

Twelve tons of sugar, four tons of coffee and over a ton of salt are warehoused each month at the AFPG.

Ration Breakdown

Small units on post send their ration requests to their Group Ration Breakdown, which consolidates all unit orders within the Group, and forwards them to Post Ration Breakdown.

After PRB combines all requests from the Groups, the entire order is given to Lt. Lott who issues the food. Then, the sequence is reversed with the rations broken down first to Group level and then to each unit.

Vegetable Supplies

Captain Robert Masters, Chief, Food Services Division, estimates that close to 33,400 pounds of fresh salad and vegetables, 10,800 pounds of frozen vegetables, six and a half tons of butter, 243,000 eggs and 12,000 pounds of chicken are consumed each month by troops stationed here.

Food Service supervises the procurement, storage, preparation, utilization, issuance, and conservation of foods on post.

Arizona Tourist

Arizona's ghost towns revisited

SCOUT REPORTS

(Editor's note; this article was originally published August 4. In consideration of Halloween, the staff of the Scout felt it was a good time to re-visit Arizona's ghost towns.)

With hundreds of abandoned areas that housed the first settlers, Arizona offers a unique opportunity to visit legendary sites that helped seed the American Southwest. Structures at these sites consisted of semi-permanent tents, shacks or buildings and became ghost towns when they lost a significant amount of its population, normally because the area was no longer economically viable. While sites developed around mines, railroads, and water sources, the large majority evolved around mining.

A ghost town can be completely deserted, like Charleston and Fort Bowie, or it could have a few residents, like Gleeson and Pearce. Some places, like Bisbee, Tombstone and Cochise have characteristics of a ghost town, but are not because even though the populations have dwindled significantly, the

towns show clear signs of vitality and, in some cases, renewal.

Because of the challenging conditions of reaching the towns, it is important to keep safety in mind, particularly the weather. Some places are prone to flash floods. Often, the roads are suitable for the family sedan, but other times a four-wheel-drive vehicle or hiking may be necessary. As always in Arizona, it is a good idea to bring plenty of water and some food when traveling in the wilderness.

The Ghost Town Trail

This popular drive out of Tombstone consists of mining camps, stage stations, and a railroad town, via Highway 80.

Bisbee - The Queen of the mining camps blends the brawling days of the 1880's with the present artist's haven of today. Famous for the underground Copper Mine tours, Brewery Gulch, Copper Queen Hotel, and the Lavender Pit.

It's about 26 miles from Fort Huachuca.

Tombstone - The 'town too tough to die' is 19 miles from post and has tours of the town available. There are a few

gunfight shows in town, horse rides and stagecoach tours.

Charleston - In its day, maybe tougher than Tombstone. It was an army training site during World War II. It's about 10 miles from Fort Huachuca.

Millville - Resides across from Charleston, along the San Pedro River.

Brunckow's Cabin - Haunted, and known as the bloodiest spot in Arizona, near Tombstone!

Fort Bowie - About 45 miles east of Tombstone, 72 miles from Fort Huachuca. It was a large military outpost until Geronimo's surrender in 1886.

Dos Cabezas - On Route 186, 15 miles southeast of Willcox, it was a supply center for surrounding mines and cattle ranches.

Pearce - This gold camp, about 38 miles from the fort, was the richest gold digging site in southern Arizona. It has an operating post office, with many vacant adobes, mines and mill ruins.

Gleeson - About 31 miles from Fort Huachuca, it has ruins and a cemetery.

Ghost Town Etiquette

The preceding list is only a small sample of what Cochise County has to

offer. Visiting popular ghost towns is only half the fun; the allure of discovery by hunting down obscure sites can be even more exciting.

The locations and history of ghost towns in Cochise County can be found online, and at both the Sierra Vista Library and the Military Intelligence library.

According to the Arizona Bureau of Land Management, it is illegal to remove artifacts from public lands. This includes cans, arrowheads and bottles. If in doubt, leave it there. Some ghost towns are on private property, and some residents that call these locations their home. Please be mindful of their privacy. There will be many more explorers to come after you, and they all deserve the same opportunity to experience Arizona as it was in the past. Please take care not to disturb anything.

Now, make ready to enjoy a bit of the past in the Ghost Towns of Arizona!

The following are some sources for ghost town hunting:

www.arizonalodging.com/ghost-towns.html.

www.ghosttowns.com.

Ask The Dietitian

Protect your bones with calcium

BY CAPT. JENNIFER L. RODRIGUEZ
REGISTERED DIETITIAN

Calcium is a mineral that makes up a large portion of our bodies. Approximately 99 percent of calcium in our bodies is

stored in our bones. We build bone from birth to our early 20's and peak bone mass is achieved by age 35. After age 35, we begin to lose bone strength as a result of the aging process. Both men and women require calcium for

building and maintaining healthy bones. Consuming adequate amounts of calcium will help to decrease your risk of developing osteoporosis as well as provide protection against high blood pressure, heart disease and kidney stones.

Recent studies even indicate those who consume a diet rich in low-fat dairy products may have more success with weight loss! The amounts necessary will vary based on age and whether or not you are pregnant or lactating. Re-

member, BOTH men and women require calcium.

Capt. Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to jennifer.rodriguez1@us.army.mil.

Community Briefs

Submission deadline for "The Mirage"

Cochise College is now accepting entries for "The Mirage," a literary and arts magazine produced annually by students.

"The Mirage" includes art, photographs, short stories, poetry and other works by students and members of the public. Anyone who is a Cochise College student, or a resident of Cochise or Santa Cruz counties, may submit entries for publication.

The submission deadline is Nov. 1. As part of a class project, students taking Journalism 257 or Eng-

lish 257 evaluate submissions and design and publish the magazine during the spring semester.

Submissions must meet the following guidelines:

Be the original work of the person submitting

Include a cover sheet with a name, address, phone number, e-mail address, and title(s) of work(s)

Include a biography of the writer or artist in 75 or fewer words

Submissions in poetry and prose must be typed.

Prose should be double-spaced. There is a 2,000-word limit for prose entries and a limit of five submissions per person in art or writing.

Unless sent by e-mail, art and photographs must be submitted as slides.

More specific submission guidelines and past issues are available online at www.cochise.edu. Anyone interested in serving on "The Mirage" staff should contact Jay Treiber at (520) 417-4765 at the Douglas Campus or Jeff Sturges at (520) 515-5435 on the Sierra Vista Campus.

Advertisement

Advertisement

Leave donations

The following Department of the Army Civilians on Fort Huachuca are currently on the Leave Donor Program and have authorized the Civilian Personnel Advisory Center (CPAC) to print their names in the Scout in the hopes of obtaining needed leave donations:

Joseph Barnhardt, HQ USAISEC

Lisa Craddock, WCPOC

Pamela Hastings, ACA/ITEC-4

Kenyetta Johnson, NETCOM

Lloyd Johnson, NETCOM, G-2

Patricia Paiz, 305th MI Bn.

Ruben Romero, ITEC4-W

Roberta Brown-Thurman, NETCOM

For additional information regarding the Leave Donor Program or how to donate annual leave, please contact Schenando Nason at CPAC at 533-5273.

Golf Tournament

The 3rd Annual MEDDAC Golf Tournament will be held at 1 p.m. (registration begins at 11 a.m.) Nov. 12 at the Pueblo Del Sol Country Club. The tournament will consist of four-man teams/best-ball tourney. Registration is \$45 before Nov. 7 and \$55 after Nov. 7. The tournament fee includes green fees and cart and only cash or checks will be accepted. The tournament is limited to the first 24 teams.

For more information, call 533-3959.

Self-help chain link fences

Effective immediately, the Family Housing Office will issue a limited amount of chain-link fence material to residents on a first-come, first serve basis.

This will be a U-DO-IT project requiring removal of existing fence fabric at one address and reinstallation of fence at the new quarters. Any additional material such as posts, rails, cement or gate will be the responsibility of the resident. Fence installation request forms are available

at the Family Housing Office, building 41415.

Digging permits will be required. Upon retrieval of fencing fabric, the material will be added to your hand-receipt.

If you are interested in installing a chain-link fence at your quarters and have the time to spend on this project, please contact Kimberly Lewis, 533-5901.

Open enrollment for computer class

The SKIES*Unlimited* program is now accepting students for computer instructional classes, held at Myer Elementary School's computer lab.

This is a year-long class, but students may attend on a monthly basis. Class fee is \$50 per month.

For children five to eight, the classes are held 3:45 - 4:30 p.m., Tuesdays and Thursdays. For children nine to 18, the classes are held 4:45 to 5:30 p.m., Tuesdays and Thursdays.

For CYS registration, call 533-0738 or stop in at the Central Registration Office at Murr Community Center, Building 51301. There is an annual \$18 registration fee for CYS membership.

For more information, call Robin Gabert at 533-0710.

Lauderette reopening

AAFES is proud to announce the reopening of its renovated lauderette at building 52045. This new facility has all new machines and a bright atmosphere to take care of your needs.

As a bonus, the facility is now open 24 hours a day, seven days a week.

Distinguished Marines

Please join us in celebration of the issuance of the stamps on from 10:30 a.m. to 1 p.m. Nov. 10 at the Postal History Foundation courtyard at 920 N. First Ave.

in Tucson.

Admission is free and soft drinks and snacks will be provided.

The stamps will be on sale at the presentation by Ron Roberts, USMC Retired WWII – Marines on Stamps. For more information, call Steven Staton at 520-794-3921.

Free seminar

Faith Community Church of Sierra Vista will present a free seminar on "The Lost Art of Child Rearing" from 9 a.m. to noon Nov. 12 at the Apache Middle School cafeteria on Fry Blvd. Please call 417-2468 to pre-register. Child care will not be provided.

Military appreciation

From 5 to 9 p.m. Nov. 14, to show support of our military, Golden Corrals across the country will be offering a free dinner buffet w/choice of beverage to any former or active duty member of the military including National Guard and Reserves.

To find a restaurant close to you visit www.goldencorral.net/RestaurantFinder.asp.

Free concert

The Cochise College Band will present a "music around the world" concert beginning at 7 p.m. Nov. 15. The free concert will be held at the Cochise Theater on Fort Huachuca and is open to the public. For more information, call 515-5440.

Free seminar

A free seminar on "Marketing Yourself for a Second Career," a two and one half hour professional lecture for officers and NCOs who plan to leave the service in the next one-to-five years, will be held 1-3:30 p.m. Nov. 16 at the Cochise Theater. Spouses are cordially invited. The speaker will be retired Col. Dan Koslov. For more information, call Nolan Cook at 533-7314.

Pets Of The Week



Ginger is a young brown female chow-chow mix. Courtesy photo from petfinder.com.



Rusty is an athletically built 5-month-old pitbull mix pup. Courtesy photo from petfinder.com.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuachucapetfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

At The Movies

Showing at the Cochise Theater for the next week are:

AAFES

Today -7 p.m.

Transporter 2

PG-13

Friday -7 p.m.

Roll Bounce

PG-13

Saturday -7 p.m.

Just Like Heaven

PG-13

Sunday -2 p.m.

Just Like Heaven

PG-13

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source.

The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



CVF, from Page B2

duration. As an example, you are running three miles at a ten-minute pace, three times weekly at a target heart rate of 70 percent.

When this becomes easy, you could increase the distance, say by one-half mile (duration) or increase the frequency by adding a training day or decrease your pace to nine and one-half minute mile (intensity).

In other words, run faster, run farther, or run more days, but do not increase all three at the same time or you may become a victim of burnout.

A suggestion is to mix or alternate aerobic activities. As an example, run two days, strength train and use a cardio machine two days and bike or hike on a weekend day.

You are accomplishing your goal with less chance of boredom or burnout. Another factor to mention is that all activities are specific in task.

One may be a highly fit swimmer, but that does not automatically guarantee success in a different activity such as running. One needs to train for those activities that are necessary in your profession. All military services have fitness or readiness test as a requirement. The Army has a two-mile timed run, the Marine Corps, a three-mile timed run. To excel on a task, one must train for that task.

In order to maintain the training effect, exer-

cise must be continued on a regular basis. Significant reductions in fitness levels occur within about two weeks after training stops.

The goals and physiological benefits of aerobic training for CVF are as follows:

To lower resting heart rate

To increase stroke volume (amount of blood ejected per contraction by the heart)

To lower blood pressure

To lower blood fat levels (cholesterol lower LDL raise HDL)

To lower bodyfat content (percent of bodyfat verses lean bodyweight)

To increase caloric expenditure (for weight control)

To maintain healthy, elastic arteries

Some common questions:

Q: Is Cardiovascular fitness all I need?

A: Theoretically yes, but it is recommended to perform activities that will benefit strength, muscular endurance and flexibility. A stronger, more flexible body will actually benefit CVF.

Q: How can I test or evaluate my level of CVF?

A: There are several CVF testing modes, ranging from treadmill tests administered by cardiologists to simply self-testing one's resting heart rate. There are also several self tests

involving running (12 minutes on 1.5 mile run), bicycle ergometer and swim test with published norms for comparison. Military fitness testing falls in this category. To keep track of your resting heart rate, take it on a weekly basis. Seventy-two beats per minute is considered normal, but a highly fit person will usually be 60 BPM or lower. As your resting heart rate lowers, CVF should be improving.

Q: How can I monitor or check my heart rate?

A: The efficient way is to use a heart rate monitor, which costs in the range of \$30 to \$200, depending on the number of functions or features it has. They can be used in any non-contact activity. I have personally used on while running, road and mountain biking, and hiking and climbing to see what my heart rate was at various times. If you can't afford such, take your resting heart rate when relaxed and in a quiet environment. You can take the "beats" from your radial (wrist) or carotid (neck) pulse. A 60 second measure is the most efficient or you can use a 30 seconds x 2; 15 seconds x 4; or 10 seconds x 6. To measure training heart rate during or at the end of exercise, the best measure is 10 seconds x 6, due to the fact that as you cease activity, your heart rate begins to rapidly decrease.

Advertisement